

## **Historic, archived document**

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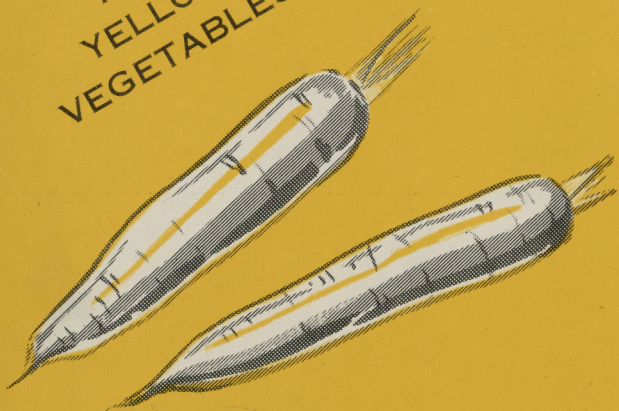


1.8  
H95N  
1946

# VITAMIN A . . . needed for growth, healthy eyes, skin and other tissues



GREEN  
AND  
YELLOW  
VEGETABLES



TOMATOES



WHOLE  
MILK,  
ALL  
FORMS



CREAM

BUTTER  
AND  
FORTIFIED  
MARGARINE



EGGS



LIVER



TWO RATS FROM SAME LITTER, 11 WEEKS OLD



This rat had no vitamin A. Note the infected eye, rough fur, and sick appearance. It weighs only 56 grams.



This rat had plenty of vitamin A. It has bright eyes, sleek fur, and appears alert and vigorous. It weighs 123 grams.